

Town, where the first Religious of the Sacred Heart were forming a community and preparing to move to the newly founded San Diego College for Women, later to become the University of San Diego.

By 1946 Helen returned to Atherton, enrolled at Stanford University, and began work on an M.A. in History and later changed to Economics—a long, arduous journey. During this time she was finally professed in Rome on February 9, 1949. By 1951 she received her M.A. in Economics, and she was assigned to Lone Mountain to teach both history and economics and to be junior counselor. From that year until 1967, Helen held a variety of positions at Lone Mountain: Professor, counselor, and assistant to the Dean, until she was named Assistant to the Superior, and later Superior.

One of the young nuns, Mary Jane Tiernan, who arrived from the noviceship at El Cajon, California at that time reports: "Dear Helen broke ranks and hugged me in welcome. I will never forget her and that warm hug in the midst of an austere scene. She was always warm and loving to me, the youngest in the community. Because of her I maintained my equilibrium in a changing world. She had a laugh, almost a talking giggle, when she thought someone or something was funny. I can still hear it. Throughout my life she was a loving presence. I do know that she was anxious, but she always had that ready Irish sense of humor despite her fears."

By 1975 Helen became a member of the Western Province Provincial Team, serving with two provincials. In this time period she took a sabbatical, spending a year at Oxford, England, and having exciting excursions in Europe. In 1985 she was Superior at the Society's retirement facility in Atherton, followed by two years in charge of hospitality at the provincial house in St. Louis. After returning West, Helen worked in hospital chaplaincy, and eventually for nine years as Director of the Oakwood Retirement Center.

Those who knew Helen best describe her as gentle, loving, deeply loyal and full of life, open to possibilities, responsible, but light. As one friend said, "Helen was an absolute delight; she was full of fun and stories. She evoked many good laughs." One of her great gifts was that of hospitality in a variety of roles. People felt loved and cared for when Helen was around. Her close friend Sister Be Mardel, said, "Helen was physically fearful—terrified of being on the edge of a precipice, wary of heights and speed and winding mountain roads. She was, however, steadfast. One could always count on her. She was always ready to help, to support, to listen, and always ready to laugh at herself. A few years ago, Helen said to me, 'You know, I'm ready for anything,' and she added, 'I've had a big grace.' And, indeed, she did, and that deep peace and calm stayed with her right up to the end."

In 2004 Helen moved to Oakwood, where, surrounded by her Sisters, she died peacefully on Holy Saturday night, April 11, 2009. Mary Jane Tiernan wrote, "When I heard that Helen had gone to God, I knelt down in my house and prayed for her and to her. What joy and love she nurtured me with during the years. I know she now enjoys life to the fullest with a shy smile and a twinkle in her eyes."

Madam Speaker, I ask that the entire House of Representatives join me in extending our

sympathy to the Religious of the Sacred Heart and the Donohoe family. Heaven is enhanced with Sister Helen's presence. She left our world better for how she lived her life, for all those she educated, and for her countless acts of love.

#### HONORING ALBIN GRUHN

#### HON. GEORGE MILLER

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Thursday, May 21, 2009

Mr. GEORGE MILLER of California. Madam Speaker, I rise with sadness today to honor Albin Gruhn of San Anselmo, California, who passed away March 18 at the age of 94. Mr. Gruhn was a respected and beloved labor leader and consumer rights activist whose calling was the welfare of the working people of California. His 36 years as president of the California Labor Federation and his role as a founder of the Association of California Consumers were at the heart of a remarkable career.

Mr. Gruhn was born in Eureka, California, in 1915. At the age of 19 he began working for the Hammond Lumber Co. where he joined the Sawmill and Loggers Federal Union. A strike shortly afterwards resulted in the deaths of three union picketers and deeply affected him, resulting in a life-long commitment to the labor movement.

He was also blacklisted as a result of his participation in the strike but soon found employment in construction, joining the Laborers Local where his membership continued for over 60 years. At the age of 22, he became secretary of the Central Labor Council of Humboldt and Del Norte Counties and led that council for over 20 years.

In 1940 Mr. Gruhn was first elected to what is now the California Labor Federation as district vice president and became its president in 1960. He led with skill, enthusiasm, and passion until his retirement in 1996. He helped build the organization into a strong and effective advocacy group for the rights of workers, inspiring several generations of political and labor leaders along the way.

During the 1960s, Mr. Gruhn was also a founder of the Association of California Consumers, California's first consumer group, and later became a founding officer and then president emeritus of the Consumer Federation of California. He also devoted some of his considerable energies to the California Apprenticeship Council and the California Constitution Revision Commission as well as serving on various state commissions. These were appointments over the decades by five California governors and covered a variety of issues from fair housing to air pollution. One of the commissions dealt with children and youth, reflecting his deep involvement in the annual scholarship program established by the California Labor Federation.

Mr. Gruhn was always politically active as a means of supporting the causes he believed in. From campaigning for Franklin Roosevelt at the age of 17 to serving as an Adlai Stevenson delegate in 1956, he stayed engaged in the process. In 1944, he founded the Northern California AFL Political League.

Mr. Gruhn was married to the former Dorothy Coon for over 37 years. Dorothy pre-

deceased him in 2005, and the couple are survived by a large family of eight children, 14 grandchildren, and 17 great grandchildren.

Madam Speaker, Albin Gruhn was proud to fight for working people, and all those with whom he came in contact—from family and friends to political leaders and co-workers—drew inspiration from his commitment. It is fitting in honoring him today to remember the remarks he always used to conclude his labor speeches: "In unity there is strength. United we stand, divided we fall. An injury to one is an injury to all."

#### HONORING ALBIN GRUHN

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OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

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Mr. Gruhn supported the causes he believed in by staying politically active. From